



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09103, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids

Report Date: June 30, 2017 06:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
Proximates					
Water	g	86.15	7	0.187	214.51
Energy	kcal	50	--	--	124
Energy	kJ	209	--	--	520
Protein	g	0.51	7	0.015	1.27
Total lipid (fat)	g	0.03	7	0.008	0.07
Ash	g	0.26	7	0.008	0.65
Carbohydrate, by difference	g	13.05	--	--	32.49
Fiber, total dietary	g	1.0	--	--	2.5
Minerals					
Calcium, Ca	mg	11	7	0.383	27
Iron, Fe	mg	0.25	7	0.086	0.62
Magnesium, Mg	mg	8	6	0.191	20
Phosphorus, P	mg	14	6	1.518	35
Potassium, K	mg	116	7	6.927	289
Sodium, Na	mg	5	7	0.317	12
Zinc, Zn	mg	0.14	6	0.034	0.35
Copper, Cu	mg	0.050	6	0.005	0.125
Manganese, Mn	mg	0.151	--	--	0.376
Vitamins					
Vitamin C, total ascorbic acid	mg	3.3	7	0.224	8.2
Thiamin	mg	0.011	4	0.001	0.027
Riboflavin	mg	0.014	2	--	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
Niacin	mg	0.356	3	0.050	0.886
Pantothenic acid	mg	0.053	--	--	0.132
Vitamin B-6	mg	0.027	--	--	0.067
Folate, total	μg	3	--	--	7
Folic acid	μg	0	--	--	0
Folate, food	μg	3	--	--	7
Folate, DFE	μg	3	--	--	7
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	30	6	2.109	75
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	600	6	42.171	1494
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.004	--	--	0.010
16:0	g	0.003	--	--	0.007
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.005	--	--	0.012
18:1 undifferentiated	g	0.005	--	--	0.012
Fatty acids, total polyunsaturated	g	0.011	--	--	0.027
18:2 undifferentiated	g	0.010	--	--	0.025
18:3 undifferentiated	g	0.001	--	--	0.002
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					